

JOE TORRE
SAFE AT HOME.

SAFE AT HOME
MARGARET'S PLACE

SUMMER WORKBOOK



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WELLNESS PLAN

3 of My Strengths:

THINGS I AM LOOKING FORWARD TO:

My Plan to Stay Safe:

WHEN THIS HAPPENS...

1. _____
2. _____
3. _____

SAFE PEOPLE:

1. _____
2. _____
3. _____

I CAN COPE BY...

1. _____
2. _____
3. _____

SAFE PLACES:

1. _____
2. _____
3. _____

Safety & Support Resources:

988 National Suicide Prevention Lifeline: Call or Text 988
1-800-273-8255 (suicidepreventionlifeline.org)

Crisis Text Line: Text "Home" to 741741 (crisistextline.org)

National Domestic Violence Hotline: 1-800-799-7233 (thehotline.org)

HOW TO FIND YOUR OWN RESOURCES

SOME GREAT PLACES TO START

Here are some helpful places you can go or visit online if you need support, ideas, or someone to talk to:



Joe Torre Safe At Home:
joetorre.org/resources

- ➔ Find support if you've been hurt, feel unsafe, or just want to learn how to help a friend.



Child Help National Helpline:
1-800-4-A-CHILD

- ➔ If you're feeling unsafe or need someone to talk to, this is a great place to call.



KidsHealth.org

- ➔ Learn about your body, your feelings, and how to stay healthy.



Teen Line – Text “TEEN” to 839863 or call 800-852-8336 (6-10pm PST)

- ➔ You can talk with another teen who understands.



Your local library –
Use libraryfinder.org to find one near you!

- ➔ Libraries often have books, games, free activities, and people who can help.



THINGS TO NOTE:

Different resources are right for different ages...

If you're in elementary school:

- Look for help from adults you know in person like a parent, teacher, school counselor, or librarian.

If you're in middle school:

- You might be ready to try safe websites made for teens or start talking more to trusted adults outside your home or school.

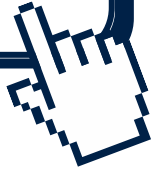
If you're in high school:

- You can explore more online tools, youth programs, and community centers. Make sure websites are made for teens or older—ask a trusted adult if you're unsure!

IMPORTANT!



You are the best person to know what you need. This page will help you learn how to spot a good helper or resource and how to find them!



WHAT MAKES A GOOD RESOURCE?



Look for people, places, or websites that are:

- ☒ safe
- ☒ Kind
- ☒ Easy to talk to
- ☒ Respect your privacy
- ☒ Help you feel better or learn something new
- ☒ Really know what they're talking about

THINK IT THROUGH



check off what you might want help with:

- ☐ Feeling sad or stressed
- ☐ Feeling unsafe at home or school
- ☐ Finding fun activities
- ☐ Learning new things
- ☐ Talking to someone about something hard
- ☐ Other: _____

WHO OR WHERE CAN HELP?



What I need:

Who/Where
can help:

How Do I Reach Them?
(phone/text/in person):

IMPORTANT TO REMEMBER!



If something ever makes you feel uncomfortable or unsure, stop and ask someone you trust to check it with you.



HOW ARE YOU FEELING TODAY?

Coloring can help you feel calm and relaxed. Want to try it out?
Pick colors for each feeling face and see how you feel!



Excited



Sad



Angry



shocked



Scared



Happy



Silly



Embarassed



Confused

60 DAYS OF SUMMER FEELINGS TRACKER

example

1 2 3 4 5 6 7

8 9 10 11 12 13 14 15

16 17 18 19 20 21 22 23

24 25 26 27 28 29 30 31

32 33 34 35 36 37 38 39 40 41 42 43 44

45 46 47 48 49 50 51 52

53 54 55 56 57 58 59 60



Happy



Sad



Angry



Scared



Confused



Shocked



Excited

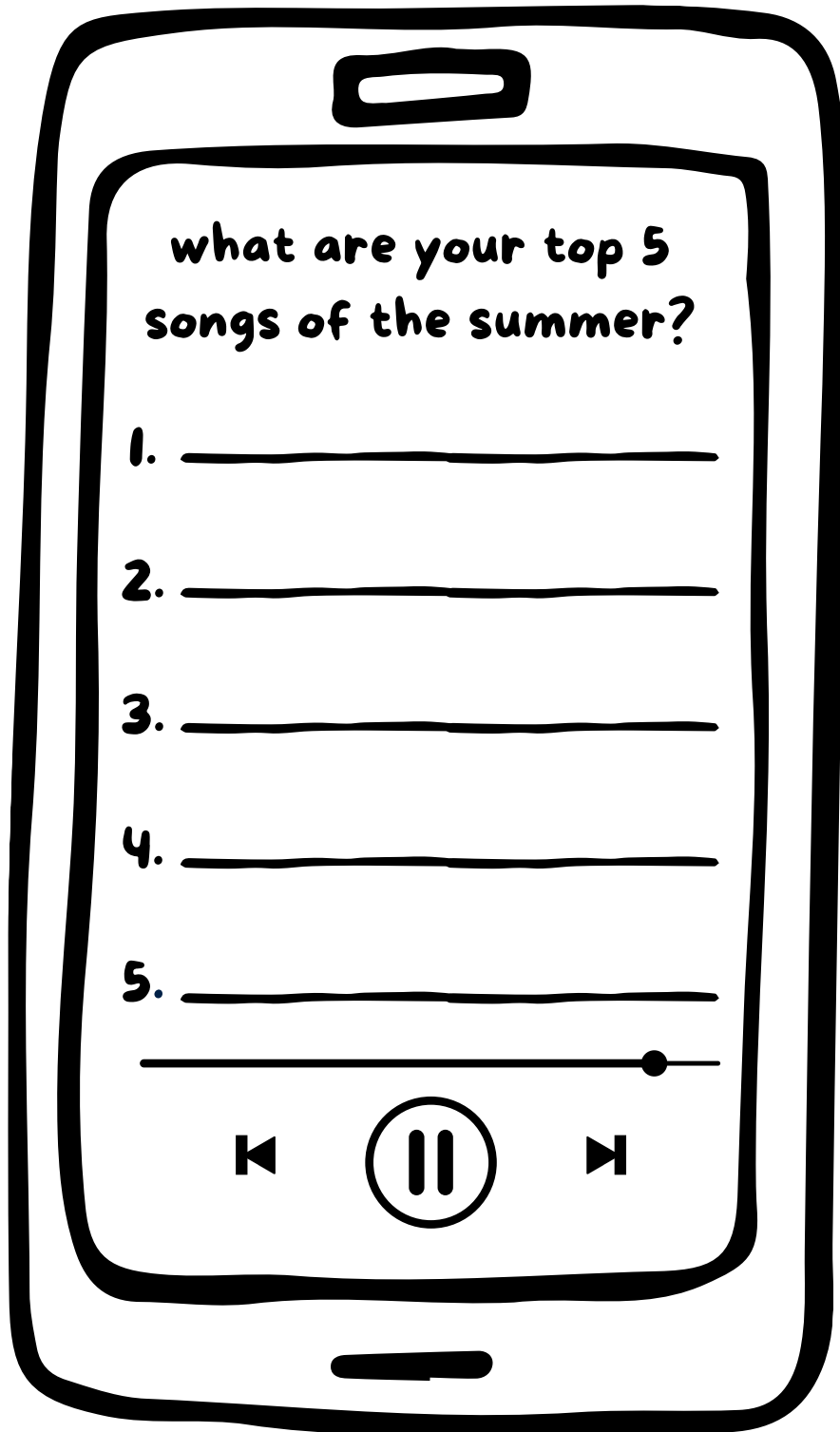


Silly



Embarrassed

SUMMER PLAYLIST



what are your top 5
songs of the summer?

1. _____

2. _____

3. _____

4. _____

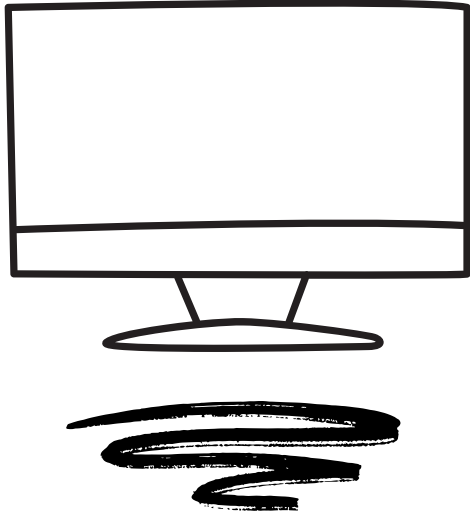
5. _____

_____ ●

⏮ ⏸ ⏭

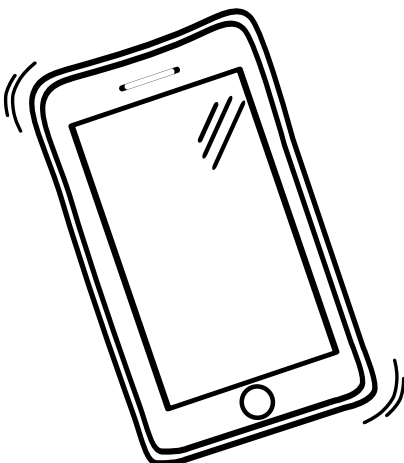
MEDIA RECS

looking for a new series or some videos to binge this summer?
Our Youth Program Facilitators have some suggestions:



1. Stranger Things - Netflix (+14)
2. The Rookie - Hulu/Disney+ (+14)
3. One Day At a Time - Netflix (PG)
4. Win or Lose - Disney+ (+8)

5. Steven Universe - Hulu (+8)
6. Royal Court - Youtube (PG)
7. Young Sheldon - Netflix (PG)
8. XO, Kitty - Netflix (+14)

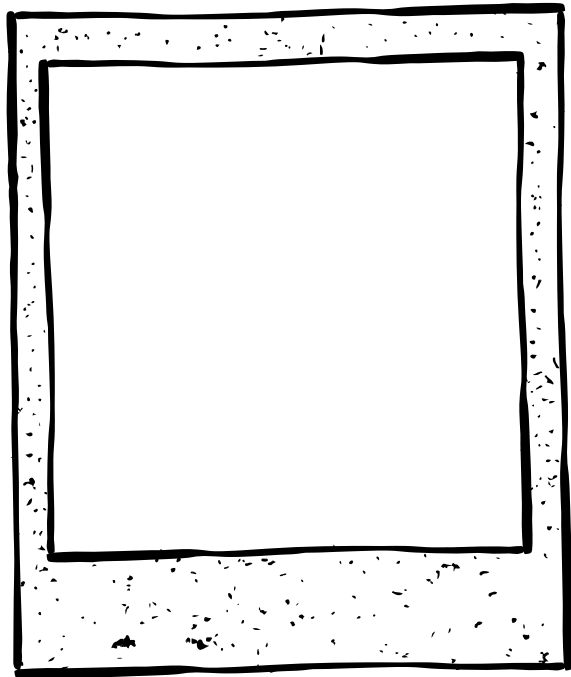
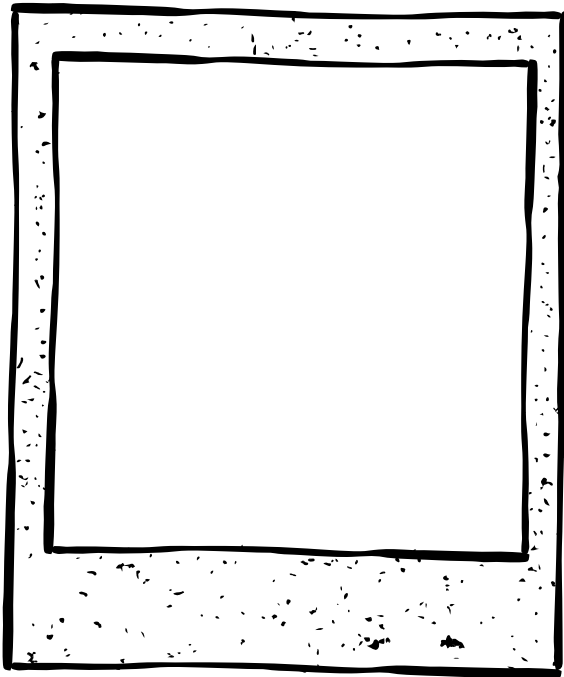


9. Gravity Falls - Disney+ (+7)
10. Bee and Puppycat - Netflix (+13)
11. The Game Theorists - Youtube (PG)
12. To All the Boys I Loved Before - Netflix (+13)



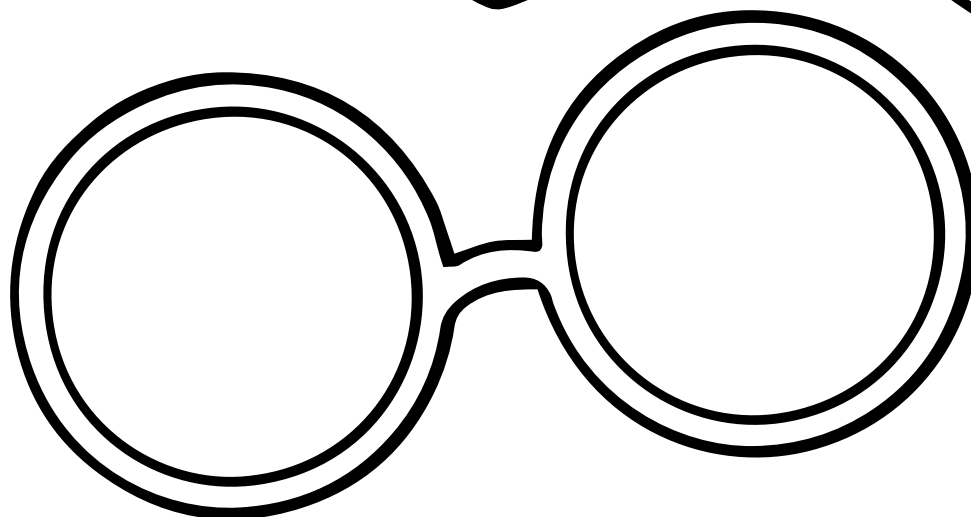
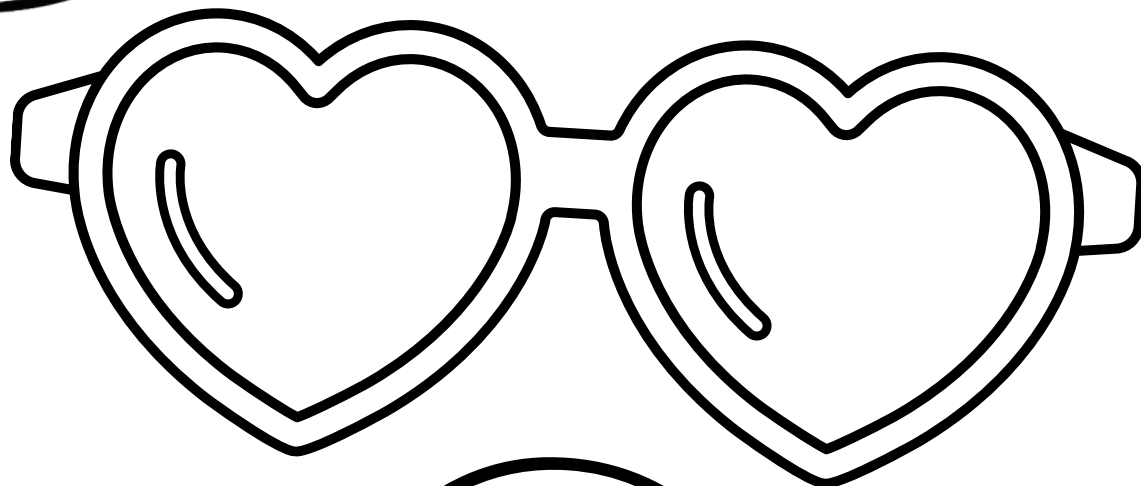
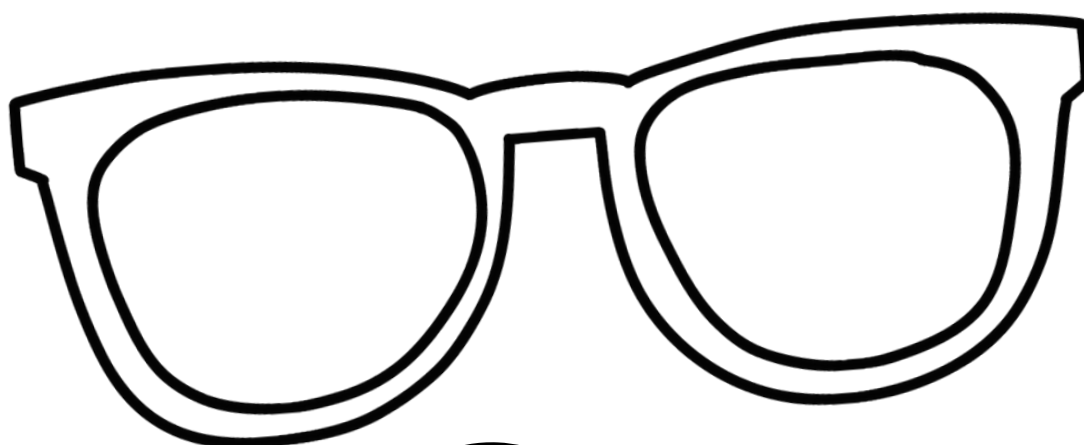
FAVORITE MEMORY

Take a moment to write about your favorite summer memory, feel free to draw or attach pictures at the end!



WHAT DO YOU LOOK FORWARD TO THIS SUMMER?

Color, draw, or write inside the frames!



HOW TO MAKE A ZINE

Steps to follow for making your own zine at home!

1

Start with one sheet of printer paper (8.5x11)

Fold it in half long ways aka hot dog style 🌭



2

Open it, then fold it the other way aka hamburger style 🍔



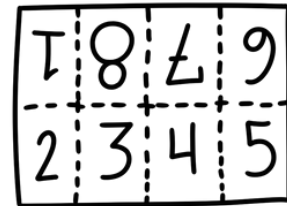
3

Open again and fold both edges into the center crease



4

Now you have 8 equal sections!



5

Lay the page flat for this next part:



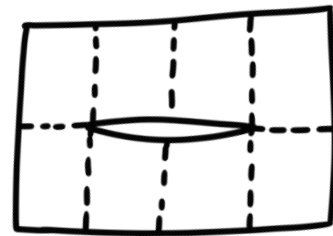
6

Use scissors to cut along the middle crease, stopping at the center ✂️



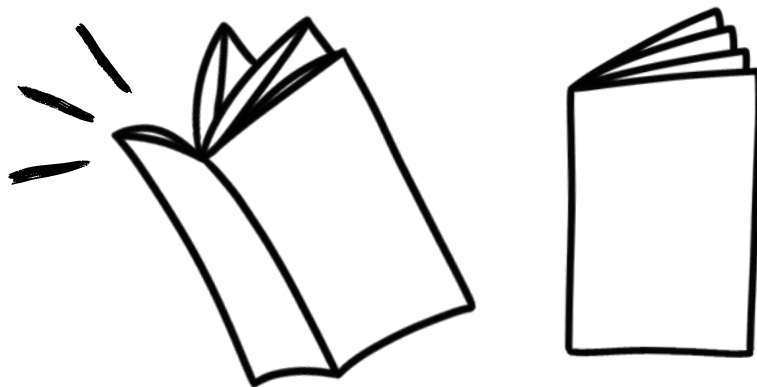
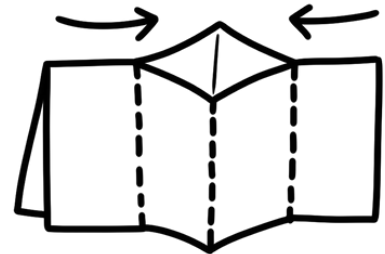
7

The page should look like this once you unfold it after making the cut



8

Hold both ends and push inward—the paper will fold into a little book 📖



🎉 Ta-da! You made a zine! ✨

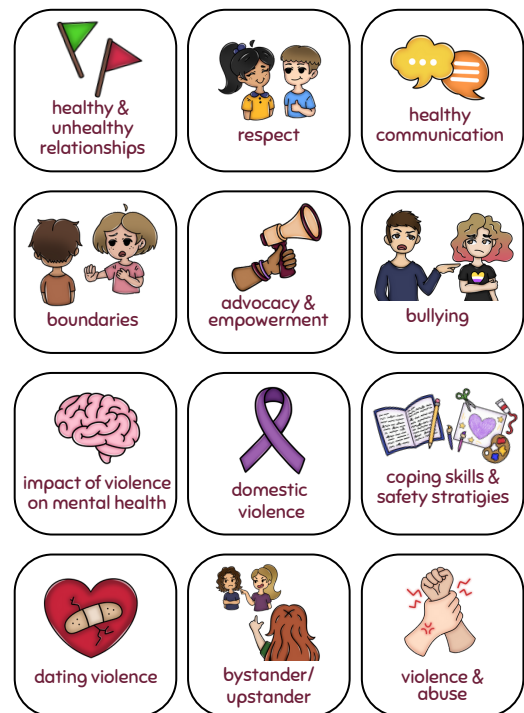


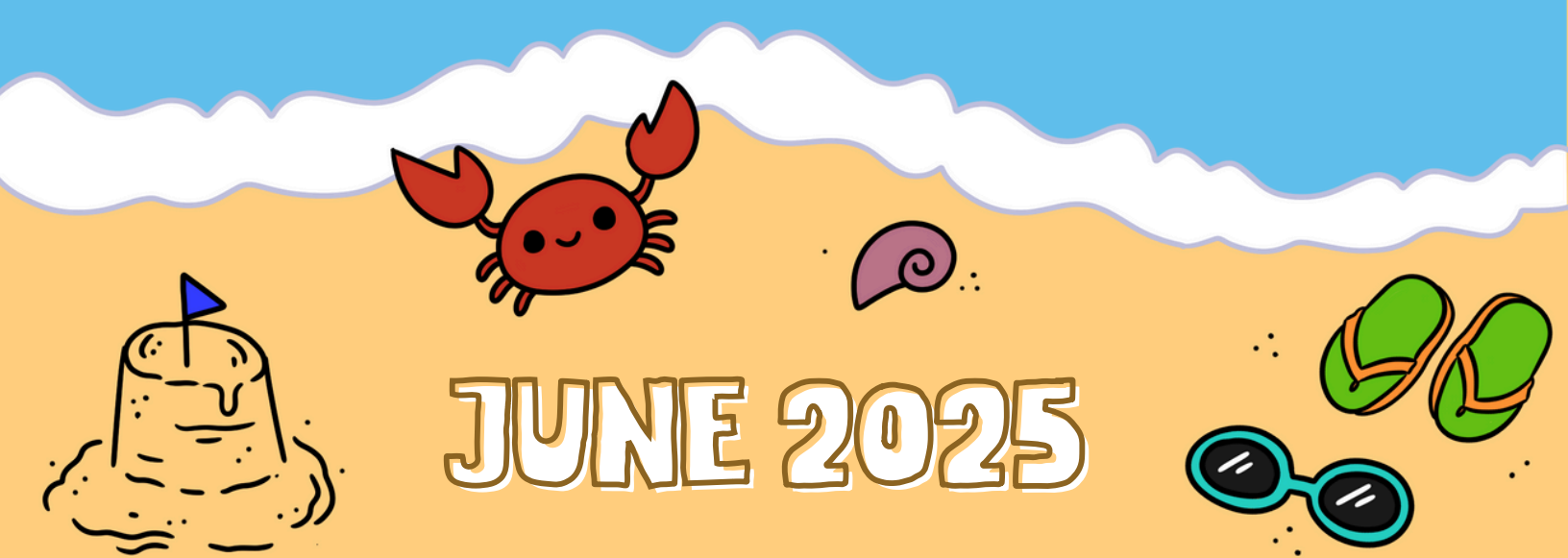
A zine can be used to amplify any message! Use it to express yourself, tell a story, or educate others!

Consider making a zine for:

- 🎨 Art
- ✍️ Stories
- 💡 New ideas
- 🤝 Showing support
- 🌍 Raising Awareness
- 💌 Spreading Kindness
- 📖 Underrepresented Causes

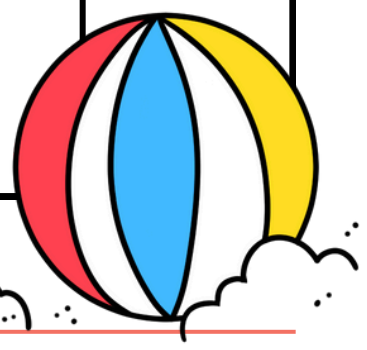
Through Safe at Home services we learn about:





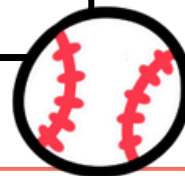
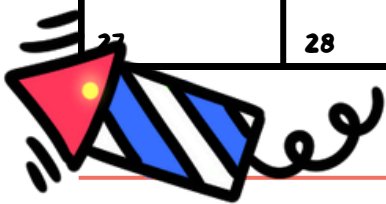
JUNE 2025

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	





SUN	MON	TUE	WED	THUR	FRI	SAT
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		





AUGUST 2025

SUN	MON	TUE	WED	THUR	FRI	SAT
7	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4		

MARGARET'S PLACE CALENDAR COLLAB

Be part of an exciting community project by submitting your art, words, or messages of hope, strength, and community for the Margaret's Place 2025/26 Calendar!

Using the space below, add any colors, shapes, lines, characters, words or drawings, that embody our message of

SAFER ♥ BRAVER ↑ TOGETHER ✨

Bring this page back to your Margaret's Place Counselor in the fall or send a picture via email to julissa@joetorre.org!

Your creative contribution will be used to inspire artwork for our 2025/26 community calendar

SUMMER WORD SEARCH

W	E	L	L	N	E	S	S	O	G	T	N	K	I
E	V	K	B	A	V	P	Q	V	C	Z	J	O	Y
M	Z	T	X	I	B	L	I	G	T	S	V	J	S
B	I	E	E	E	T	Q	G	X	I	U	A	K	D
B	B	K	I	N	D	N	E	S	S	M	C	Y	W
S	E	R	F	S	U	N	N	Y	P	M	A	U	J
Z	A	G	R	P	E	Y	E	O	N	E	T	M	U
Z	C	W	I	Q	T	L	V	A	E	R	I	P	Q
M	H	L	E	J	X	Y	J	Z	C	F	O	N	V
F	T	I	N	W	J	V	F	C	E	Y	N	F	E
P	B	C	D	A	N	W	G	U	R	D	G	E	D
W	A	L	S	R	W	C	X	O	G	H	J	I	N
P	I	R	E	M	Q	C	Y	Q	J	G	X	P	N
Y	Y	D	K	U	B	H	Z	W	O	H	N	O	C

Can you find all these summer words?

Beach

Kindness

Summer

Warm

Friends

Sunny

Wellness

Vacation

Park

Joy





HAVE A GREAT SUMMER!

SAFE AT HOME.

FOR MORE ACTIVITIES VISIT JOETORRE.ORG

Safe At Home works to create a world where every young person feels, safe, supported, and empowered.

We teach children, families, and communities to be changemakers, to embrace the shared responsibility of care and respect.

Through education, counseling, training, and leadership, everyone learns how to show up for and support each other.